

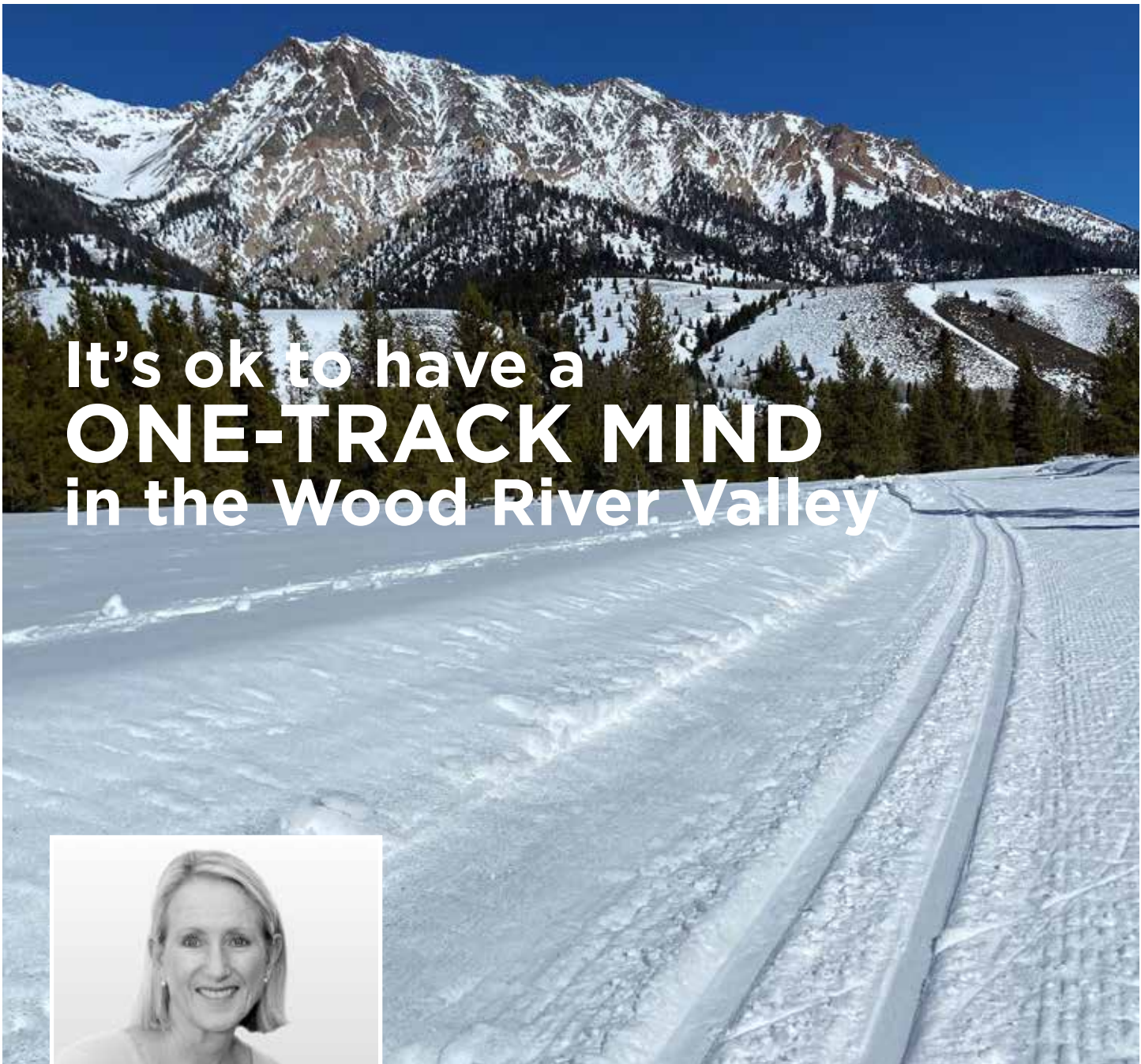


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Jack Weekes of Type B Laboratories created the official poster for the 2022 Zions Bank Boulder Mountain Tour. It is the fourth consecutive year Jack has created and donated his work to the BMT. 2022's artwork depicts a string of skiers on-course during the race, shadowed by the eponymous Boulder Mountains.

A limited run of 30 signed posters is available for purchase online at www.typeblaboratories.com. Viewers may also take in Weekes large body of work emphasizing the mountains and beautiful valley in which we work and play.

A graduate of Sun Valley Community School in 1985, Weekes matriculated to the University of San Diego, where he minored in economics and majored in surf culture. Jack lives in Ketchum with his family.



Welcome to the
2022 Boulder Mountain Tour

It's winter, the snow is falling, and the Zions Bank Boulder Mountain Tour is back and better than ever! 2020-2021 was a wild year for all of us, and the BMT was no different. We went virtual, and so did many of you. In fact, we had 713 skiers representing 22 states and three countries "race" the virtual Boulder, a true testament to the spirit of the event, and the incredible people who come back year after year to glide down the Harriman Trail.

This year we're excited to be back both in person and virtually. I look forward to getting back to the dawn excitement at Galena Lodge, the explosive energy of the start line, and a great race to the finish. Even more, I'm excited to welcome back the Boulder Mountain Tour community, spread across the world, and reconnect for a day every year to do this thing together. To race hard, to have fun, and to revel in the pure joy of Nordic skiing. What this last year taught us all, is that we're all in this together, that community is a gift, and that time outside is something we're all grateful for.

If you're here with us, or you're in some far-flung corner of the world, welcome back, the Boulder Mountain Tour is glad to have you. *

Paddy
Paddy McIlvoy
BMT Board President



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SKIING WITH SVSEF

A Foundation for Life

By Katie Feldman

It's no secret that Sun Valley and the Sun Valley Ski Education Foundation programs hold a special place in my heart. From a young kid learning to walk around on skis in the yard to my current and fourth season with the XC Gold Team, SVSEF has been with me every step of the way. While I have countless stories from my many years in the program, what follows are a few unforgettable memories that illustrate the SVSEF environment and the way it shaped me.

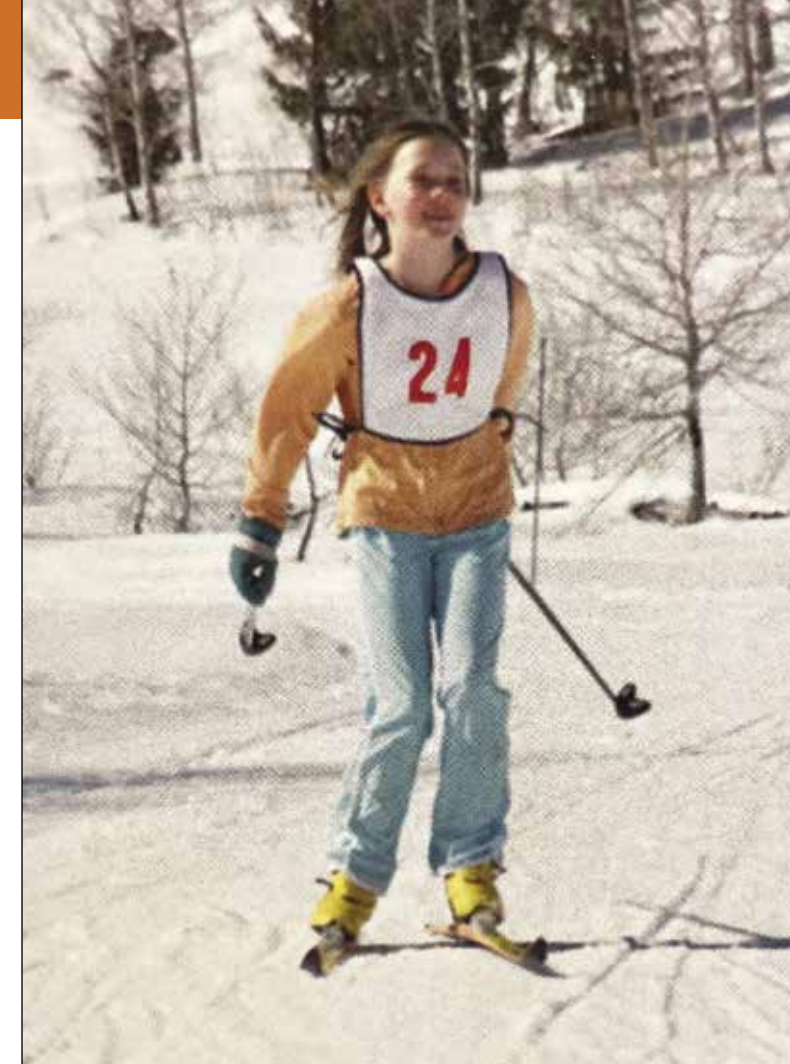
FIRST DAY

The first time I met Rick Kapala, I was clinging to my mother's leg and sobbing in the Lake Creek parking lot. While the Devo team had spent the early November afternoon playing games and tromping about the woods, a little slip on the ice in the parking lot was the end for me. Rick had just finished a run with the Comp team and, noting my extreme distress, came over to us. He kneeled, showed me his hand with little prick marks on it, and told me he had tripped on the run and landed in a cactus. I thought that was pretty crazy and definitely a lot more painful than whatever was making me cry. Maybe I'd consider coming back for another day.

STARTING OUT

Not long after, snow covered the ground, and it was time to get on skis. We were scheduled to play Sharks and Minnows and various other relay games, but I didn't quite have my boot all the way in my binding. My ski slipped off on the first hill, and I watched as it slid all the way down and buried itself under some powder. This was devastating; I would miss Sharks and Minnows, and I would have to walk all the way back inside. Alone and bordering on a meltdown, Martha Pendl skied up and came to the rescue. She found my ski and ensured I had the binding on correctly, and we made it out to the stadium before game time. There were no parking lot tears at the end of practice. Maybe this isn't so bad after all.

Second-grade I was hooked. We played games with friends, ran around in the woods on our skis, Laurie Leman gave us a single sour gummy candy, and sometimes we even had hot chocolate. Middle school came around, and most of my friends were moving up to the Prep Team, which seemed just as fun, but now some days consisted of dreaded intervals instead of relay games. Early on, about five of us found a nicely wooded area where we could lie down in the snow and hide from Kelley Yeates and Mike Stemp during the intervals. We had a way of magically appearing before the end of practice. At some point, we also started doing some more races. The excitement for racing mostly revolved around incorporating as much neon as possible into our outfits.



This was also my first time doing the Half Boulder – 15km was so much longer than 3km!

COMP TEAM

High school meant Comp Team and training to race. Mainly, that included more trips where we piled into hotel rooms or slept on couches. It was tough to beat group sleepovers for an entire week at a time. Comp Team also meant that we got to work with Ashley Knox as one of our coaches. She was and still is, so cool and so strong. It became a fun challenge to try and do her whole core workout without taking a break; we said that she was so strong she could beat up a bear.

At my first Junior National Qualifier race, I lined up for my first-ever sprint heat between a girl from Bozeman and a girl from Jackson Hole. When we finished next to each other, they hugged me and excitedly announced that we could all make Junior Nationals this year. We did and are still friends 10 years later.

By my senior year of high school, I was starting on the front row of mass-start races and feeling extremely competitive. The first time I stood on the start line with no one in front of me, I panicked. Coach Tom Smith could see this happening and came over to tell me that I deserved to be there, to relax, and to smile. That worked quite well; I skied to my best finish of the season. While I was on an upward trajectory, I was certainly out of my league when I went to college. It took several dedicated

Foundation continued on page 6



summers of training in Sun Valley to work my way towards the top of the NCAA circuit.

BACK HOME

In returning to Sun Valley after college, I came home to a program I knew and loved but introduced a new aspect of professionalism. While there were no mandatory results we needed to produce, we were expected to be exemplary in our efforts and preparedness. I remembered watching the Gold Team while I was younger, and I knew I would need to step up my game again in order to fill this role. In my first time racing the entire length of the Boulder Mountain Tour, I surprised myself with a breakaway sprint to the finish and podium in the women's field. These days, I spend a lot more time training, fueling, and recovering than I did a

few years ago. Our coach, Chris Mallory, spends a lot more time reviewing technique videos and dialing in our skis than he does making us hot chocolate. Still, the fun is found in the challenge and checking off little goals along the way.

RELAX AND SMILE

While there are many more intervals, a lot more sessions, more racing today, many aspects of skiing have remained true throughout my time in the SVSEF program. I get to train under great coaches who push me to be my best athlete and self. I work alongside strong teammates who are some of my best friends, and sometimes I still need a coach's help to get a binding on properly before the start of a race. My core probably still is not as strong as Ashley Knox's. The motivation to keep showing up is not so much inspired by hot chocolate and Sharks and Minnows, but instead by podium finishes and World Cup starts. When I line up on the front row of a mass start, I still remind myself that I deserve to be there, to relax, and to smile. The racing stakes are higher, but the occasional Devo practices I attend while home in the winter are still some of my favorite days, and I still spend a lot of time laughing in the woods with my friends.

All of us in SVSEF are so lucky to follow the lead of amazing coaches and mix hard work and play in the mountains with our friends. ❄️

Katie Feldman grew up in Sun Valley, Idaho, where she played soccer and competed in cross country and alpine skiing. As her love for winter grew, she headed to Vermont to study at Middlebury College and race for the Panthers. She returned to Sun Valley after graduating in 2018 to join the SVSEF Gold Team and pursue ski racing full-time. In her past seasons with the Gold Team, Katie raced to multiple American Birkebeiner and SuperTour podiums. In 2020, she qualified for the World Cup Sprint Tour in Quebec and Minneapolis. Entering an Olympic season, Katie has her sights set high on national-level podiums and international racing.




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GUNDE SVAN



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Passing the Baton

The Boulder Mountain Tour welcomed three new board members between August and October of 2021 and said thank you for your dedication to four departing members.



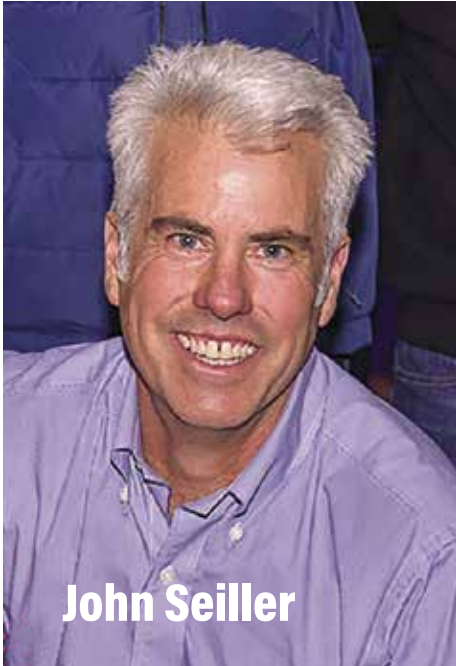
Matt Gelso



Mary Rose



Don Nurge



John Seiller



John Reuter

Ivana Radlova

Martha Pendl

Martha Pendl, Ivana Radlova, John Reuter, and John Seiller served several years on the BMT board, contributing energy, enthusiasm, and expertise. Board president John Reuter stepped down after seven years on the board. John will remain involved with the event by helping at the finish line set up, and we fully expect to see him on-course on race day. Longtime board member Seiller would help at the race start and then ski the course as a sweep to ensure every participant made it safely off the course. Ivana Radlova was always game for whatever needed to be done, including creating and baking the edible Boulder prize cookies in 2019. No slouch in the baking department herself, Martha Pendl, a fixture in the cross-

country community, decided to focus her prodigious energies on her burgeoning responsibilities as head coach of the SVSEF Devo North Valley Ski Team. We wish all of you sunny ski days and smooth ski trails.

STEPPING INTO THE BOARD TRACKS ARE MATT GELSO, DON NURGE, AND MARY ROSE.

Nurge has resided in Ketchum for 30 years. "I took up Nordic skiing the first year I moved here and have been hooked ever since," Don said. An emergency medical technician and Squad Leader for the Sun Valley Fire

Department, Nurge and his wife, Lori, have two children, Jenna and Landon, who grew up skiing in the Sun Valley Ski Education Foundation cross country program. "My kids are who they are today in large part because of Nordic skiing and the great program Rick (Kapala) and his crew run," Don remarked. "I joined the BMT BOD because I want to give back for all that Nordic skiing has given to my family and me. What could be better than helping with an annual Nordic event that brings amateurs and pros to our community." As longtime elite-level racers, Mary Rose and Matt Gelso are very familiar with the event but new to the board. Rose, 30, is an admitted lifelong Nordic fanatic. Born and raised in Steamboat Springs, Colorado, Mary skied for the

University of Colorado, and post-graduation, moved to Sun Valley to race for the SVSEF Gold Team. Her favorite BMT memory is good for a laugh, especially if you know her fiancé, Matt Gelso. "(In the) 2019 BMT, I was coming down the finishing stretch, and on the loudspeaker, I hear Travis Jones announce that I beat Matt Gelso's time. I got a lot of attention for that one – even though it wasn't true. Matt is still butthurt about it." After hanging up her race skis for a "master blaster lifestyle," Mary's deep love for Nordic skiing inspired her to join the BMT in an official capacity. Mary said, "I love Nordic skiing, I love the Wood River Valley, I love the Boulder Mountain Tour. The Nordic community in

the Wood River Valley is so unique. I love being a part of this event and bringing the community together." Matt, 33, is also a former racer at CU, where he distinguished himself as an NCAA champion and multiple All-American. A member of the U.S. Ski Team from 2006-2008, Matt competed in the World Cup and World Championships. BMT champion in 2018, Gelso also recalled his favorite memory. "When Rick Kapala announced at the start line of the race that any elite men who get caught by the elite women (who start two minutes behind the elite men) need to move out of the way. 'These women have already beat you, it's done,' he said, to a DEAFENING silence emanating from the elite men's field, 'and if you don't move, there

won't be a men's elite field next year." Rick's comments are amusing given their truth and the fact they weren't directed at Gelso. Of course, there is always a first time, but in the meantime, Matt adds his motivation for joining the board. "The Boulder Mountain Tour is an amazing race organized by an amazing community. Spending time and energy to help shape and continue the legacy of this great tradition for future racers to enjoy is important. "There were many before me who turned this into the amazing event that it is; I hope (with the rest of the board, of course) to build on this previous success and keep the race moving forward into the future as both an elite and citizen community event." Welcome aboard, Mary, Matt, and Don!



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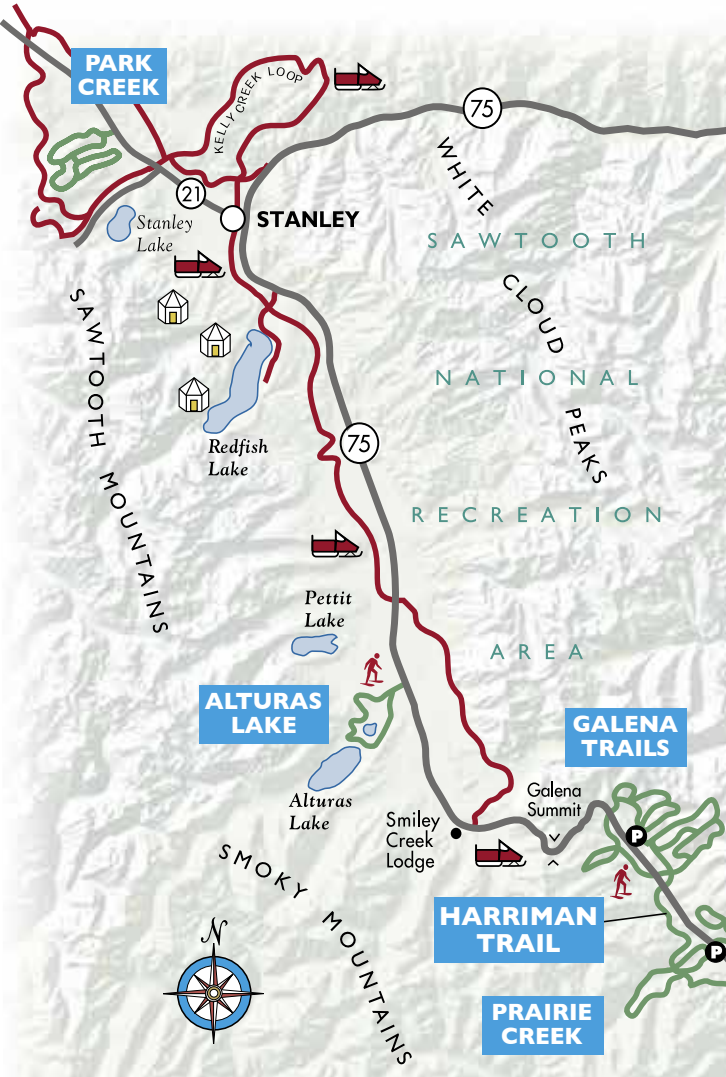




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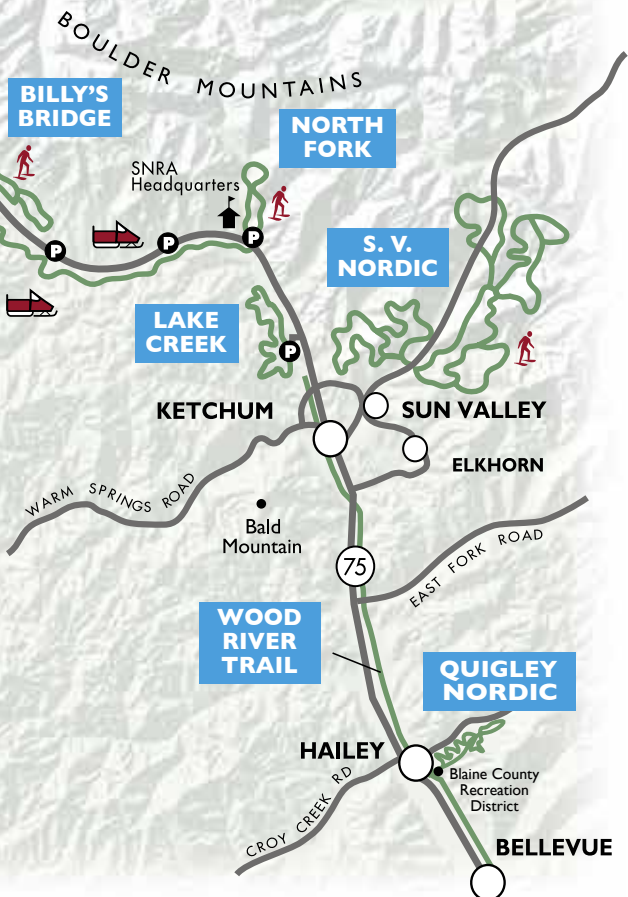
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	14	13.5	T/S	F	Yes	●
NORTH FORK	7	4	T/S	F	Yes	●
DURRANCE LOOP	7	7	T/S	F	Yes	●
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PARK CREEK	65	16	T/S	D	Yes	●
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P.E.E.P.S.

Winter Safety for Skiers

By James Lieberman, M.D.

It's 6 p.m., and you have got a great day of Nordic skiing planned for tomorrow. Since it's the day before, you have certainly remembered the most important thing for your safety – your BRAIN. Too often, we rush out the door without adequate preparation. While we love recreating in the outdoors, the environment can be a bit less hospitable. Whether it is friendly or not depends a great deal on our preparation. In wilderness medicine, we speak a lot about preventing injuries. After all, if we can avoid it, we do not need to treat an injury or illness. There is no simple first-aid package that applies to everything and all situations. But there are a few key concepts that may help you stay safe and avoid needing those search and rescue folks.

Part of prevention is understanding when things go profoundly wrong, it takes multiple errors lining up perfectly, much like poking a hole in a series of slices of Swiss cheese. When the holes in the slices line up, you've got a serious problem. So we try to identify these holes and plug them, like bringing an extra jacket when a storm is due. (James Reason proposed the Swiss Cheese Model in 1990, and it has been applied to several environments since then.

Applied to industry: In aviation, it's the preflight check; medicine, it's the medical safety pause; backcountry skiing might be your beacon check. The common theme is identifying potential hazards and making reasonable adjustments to reduce your risk. So how do we apply it to Nordic skiing or other outdoor recreational sports?

One easy way to remember is the acronym PEEPS, which can easily apply to any wilderness adventure. Remember, the goal is to identify potential risks and hazards, not cancel the experience. If you want zero risk, stay at home.

- P - PERSON
- E - ENVIRONMENT
- E - EQUIPMENT
- P - PARTNER
- S - SCENARIO

P – PERSON: What hazards relate directly to me? Medical conditions like diabetes or a bee allergy? Injuries? Current illness? For these, you might carry extra glucose, epinephrine, or wrap your sprained ankle. Or you might reduce the length or exposure of your adventure.

E – ENVIRONMENT: Weather forecast: Hot? Cold? Precipitation? Will I need an extra jacket, or need to choose different gloves? Start earlier, or later?



E – EQUIPMENT: No one wants to carry unnecessary gear, but what do you really NEED for survival in an emergency? In winter conditions, the #1 threat is the cold, which means hypothermia, which means adequate clothing. And what about communication, especially in an emergency – personal locator beacon? Cell phone? This category also includes adequate hydration and nutrition.

P – PARTNER: Imagine ten people skiing together on a powder day. Only nine arrive at the bottom, but it takes a while to figure it out. In larger groups, consider further dividing into groups of two to three. And if you're heading out alone, did you tell anyone where you're going and when you expect to return? Knowing you will be missed and a search party will come looking for you sooner will improve chances of survival if something goes wrong.

S – SCENARIO: What's the worst-case safety scenario, and are you prepared? In a group, this is an excellent opportunity to share essential lessons or experiences that help. We can apply this concept to a myriad of scenarios. But in considering a Nordic ski race, the main focus is on cold or hypothermia. You are fine while exercising, but as things change, you can get cold. Inadequate nutrition, hydration, suitable clothing, fatigue, and of course, weather changes can all combine to wreak havoc. Add an injury when you need to stop moving, and time becomes critical.

So the next time you head out for your adventure, let your brain help you to remember your PEEPS, and consider what you need if your adventure does not go perfectly. As Yvon Chouinard of Patagonia says, "the adventure begins when everything goes wrong." Have fun out there, ski fast, and do your darndest to reasonably prepare for the unexpected. *

James Lieberman, M.D., is president of the Wilderness Medical Society, and a board member of the Boulder Mountain Tour.



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UFF DA!

Stop, Pop and Loppet

By Muffy Ritz

It's already December and the Boulder Mountain Tour is looming ahead of us on February 5. How am I going to get prepared? That's not too far away! And I asked myself the same question about how I am going to be prepared to race in the World Loppet Series in Europe this coming winter?

The BMT being a 34 kilometer gorgeous ski down the Wood River Valley, net downhill that is, paralleling unparalleled beauty of the Boulder Mountains! The World Loppet is a global series of Nordic Ski Marathons all around the world including central Europe, eastern Europe, Scandinavia, United States, Canada, Australia, and more. The races range from about 42 km (Engadin in Switzerland) up to 89 km (Vasaloppet in Sweden).

TIME TO RACE

Longtime Ketchum resident Joney Otteson and I will be traveling over to central Europe in mid-January to ski in several of the World Loppet races including the Dolomitenlauf, in Austria, the Marcialonga, in Italy and the Konig Ludwig Lauf in Germany. Over three consecutive weekends, we will be racing six races totaling approximately 235 kilometers! Uff da!

The best part about this European adventure is that we are going with a company from Minneapolis called LUMI Experiences headed up by Olympian Garrott Kuzzy. LUMI Experiences is a company specializing in bringing people to all points around the globe to ski and race in the World Loppet races as well as other events. It includes your transportation, meals, 3-5 star lodging, and they even wax your skis for the races! It's a far cry from what I'm used to doing, dragging



my overloaded bags on the train, to and from B&B to B&B. And if the distances of some of the races seem insurmountable, they always have a shorter option to choose. And if you don't want to race at all, that's fine too! You can simply cheer on your friends and ski the beautiful trails in the area! I'm already looking forward to the great European coffee and croissants!

RACE TRAINING

Now, how would I train for these races? Just about the same way I would train for the Boulder Mountain Tour. Hopefully, you've been keeping active all summer and fall with hikes, bike rides, even possibly some roller skiing, as well as strength training. Having a good aerobic base is key to any ski racing endeavor you plan to do. My three pillars of training for events like the Boulder or even the Loppet races are: One long workout, one interval workout and one race or time-trial type workout in a week. I also like to maintain my strength by going to the gym once or twice a week or simply doing some basic push-ups and squats in my living room. It's not too late to start now to get in shape for the Boulder. Once you are on snow, make sure you're logging some good, easy distance base kilometers for the first couple weeks. Then you can start ramping it up a bit.

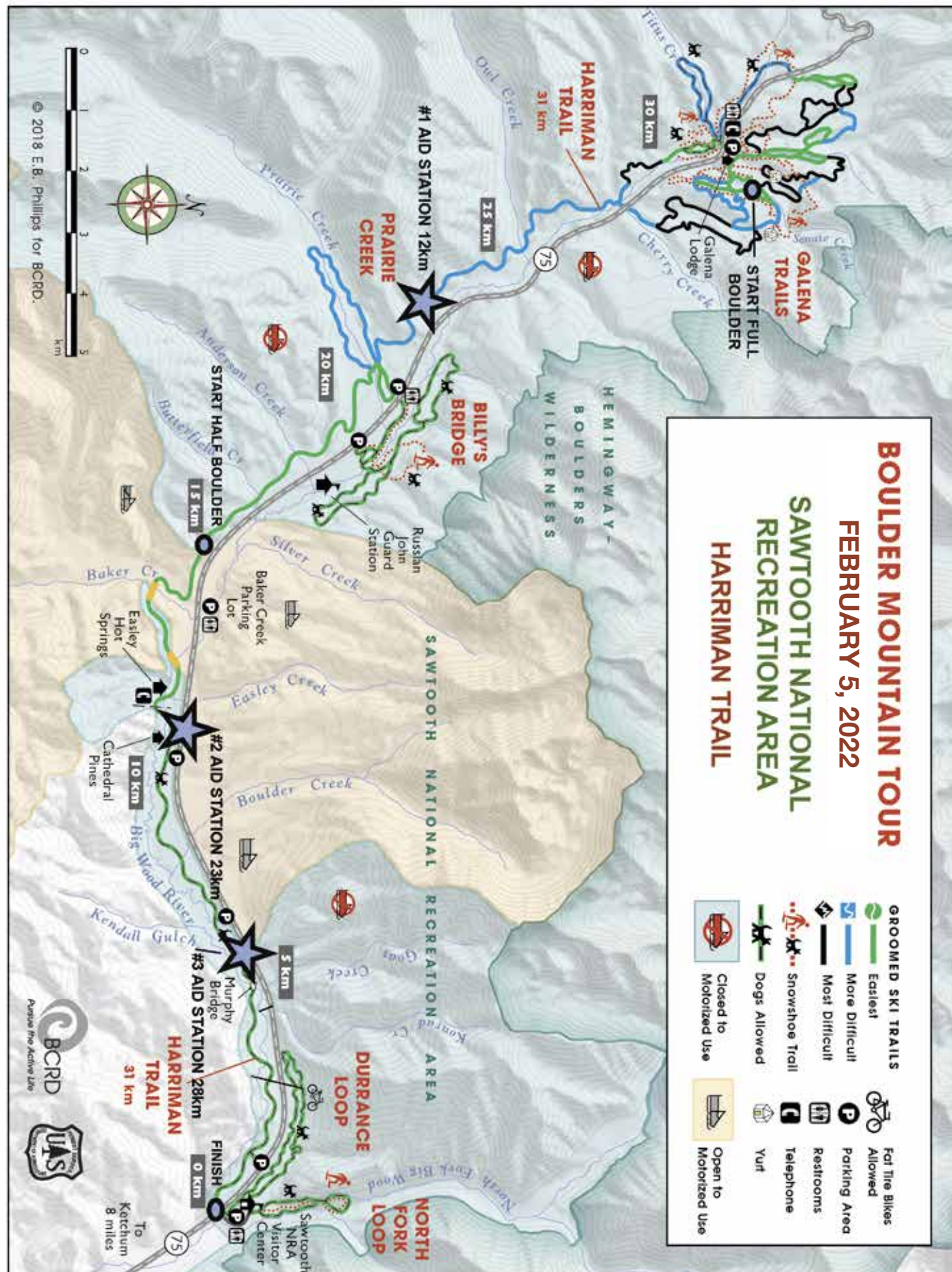
For the World Loppet, on the other hand, I would be remiss to say start now for the training, because doing 235 km in three weekends is a little different than doing the Boulder Mountain Tour. I just had to start a little sooner – like May!

On the day you all will be skiing the Boulder, if you are doing it live, Joney and I will be skiing the 50 km Konig Ludwig Lauf in Oberammergau, Germany. I may use that race as my virtual Boulder and simply check my watch at the 34 km marker. If you are interested in the World Loppet races or Lumi Experiences, you can visit lumiexperiences.com or email info@lumiexperiences.com. Or call (612) 214 2861 (US) or +43 (0) 664 487 5005 (Europe) and tell them Muffy sent you!

It might be something new, exciting, and fresh to put in your skiing future! Have a great BMT! I'll be thinking of you! *



Muffy Ritz is a member of the BMT Board of Directors and inveterate athlete and adventurer!



APPRECIATION

Charley French, In a Class by Himself

The Zions Bank Boulder Mountain Tour is proud to announce the 15k Half Boulder has been named in honor of Charley French of Ketchum. Participants of the Half Boulder will now ski in the Charley Course Half Boulder.

Born in St. Louis, Missouri, on August 3, 1926, French enlisted in the US Army at age 17, serving as a machinist aboard the USS Cleveland in the South Pacific during World War II. He graduated from Long Beach State University with a degree in electrical engineering. In 1971 at the age of 45, he came to Ketchum for a job as an engineer and in product development with a new and growing company named Scott USA. One of his developments was shaping cycling's aerodynamic handlebar, which was strategically utilized by American Greg Lemond in his 1989 Tour de France win.



A notable and accomplished athlete himself, French is a devoted skier, cyclist, and triathlete with numerous BMT age-class championships under his belt.

"I think I have done all the Boulders but four," French said.

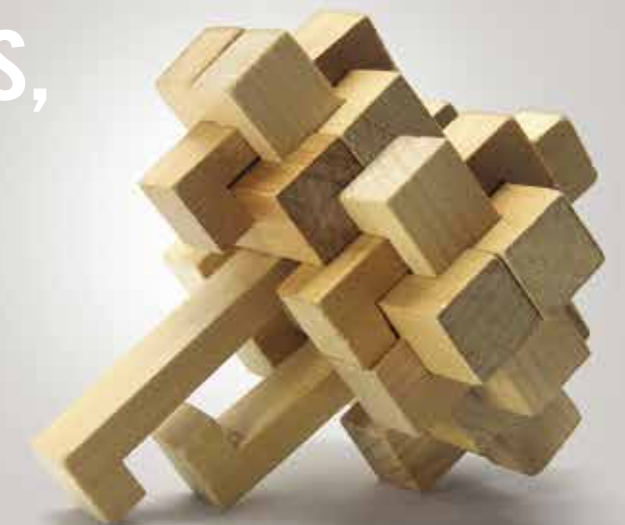
Thanks to the 97-year-old French's longevity, the BMT created a new age class in 2014 to accommodate the nonagenarian, the 90-99 year old Charley Class.

We are happy to honor French, and tip our cap to all our elder racers in the BMT. You set an example we are only too happy to follow. *

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BMT Racer Checklist

Whether you are a seasoned veteran or brand-new to the Zions Bank Boulder Mountain Tour, here is the information that is going to give you the industrial know-how to make it a great day.

REGISTRATION

The 2022 Zions Bank Boulder Mountain Tour is limited to 800 entrants; 600 in the Full Boulder and 200 in the Charley Course Half Boulder. The deadline to register for the BMT is January 29, 2022. No week-of-race entries will be accepted. Register online at www.skireg.com.

TRAIL PASSES

All Full and Half Boulder participants are eligible to receive a Boulder Pass, which is good for four days of skiing (including race day) on the North Valley Trail System. Enjoy access to more than 200 kilometers of skiing, meticulously maintained by the Blaine County Recreation District. Present a copy of your entry at the following vendors to receive a trail pass; Backwoods Mountain Sports, The Elephant's Perch, Sturtevant's, or Galena Lodge. The Boulder Pass will also be available at the BMT Expo. The pass is intended for 2022 registered racers only. Family and friends may purchase a 1-or-3-day pass at any of the merchants listed above or the fee box at area trailheads. Current trail conditions may be found at wintertrailink.bcrd.org.

COURSE INSPECTION

Friday, February 4

8 a.m. to 4 p.m.

Sawtooth National Recreation Area

The Harriman Trail will be open for inspection and skiing until late afternoon. We respectfully request all skiers be off the course by 4 o'clock to allow ample time for grooming for race day.

RACE BAG/PACKET PICK UP AND BMT EXPO

Friday, February 4 • 10 a.m. to 6 p.m.

Limelight Hotel, Main Street, Ketchum

All racers should plan on picking up their race bag and packet at the BMT Expo. Each racer receives a bib, timing chip, race-day details, SWIX souvenir hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Get the lowdown on trails, temps, wax and equipment to make your Boulder a blast. If you are arriving in Sun Valley after 6 p.m. Friday, please let us know ahead of time. We will arrange for you to pick up your bag and bib at Galena Lodge between 8-9:30 a.m. Saturday.

RACE SHUTTLES

Hemingway Steam School, 111 8th Street East, Ketchum

Shuttle buses will transport racers from Ketchum to Galena Lodge and back to Ketchum from the finish. Private vehicles are not allowed to

transport racers to the start and we encourage all participants to take a shuttle. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:15 a.m. for the Full Boulder. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill according to social distancing. Elite racers and waves 3 and 4 should take the earlier buses. Half Boulder shuttles run between 10-10:45 a.m. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12-3 p.m. Mask wearing is mandatory to ride the shuttles.

LANE ASSIGNMENTS

Starting lanes are assigned to Elite racers only. There are no lane assignments for waves 3-7. Access to the start for waves 3-7 will be restricted until 9:55 a.m. Tracks are set for the first 100 meters. All skiers must stay in a track until it expires and skating is permitted.

ELITE CHECK-IN

Elite racers in waves 1 and 2 will be directed to their lane assignment upon entering the start area. Lane assignments will match bib number. Please allow yourself ample time to get organized at the start.

WAVE START - CHARLEY COURSE HALF BOULDER

Half Boulder participants are asked to self-seed by degree of seriousness. Competitive racers will line up in the first, participants in the second, and touring skiers and anyone hauling a chariot is asked to line up in the back.

COURSE ETIQUETTE

Slower skiers should keep to the right so faster skiers may pass more easily. If you are caught by a racer, do not impede their right to pass; yes, we are talking to you Elite and Wave 3 men. Your bib number must be clearly visible front and back. Place bib over Camelbacks and jackets.

CLOTHING TRANSPORT

For a comfortable experience, BMT race bags should be used to store warm-up and post-race change of clothes. All bags, including ski bags, will be transported from the start to the finish area by race organizers. Everything must be clearly marked with a name and bib number. Before heading to the starting line, ensure that all your gear is in your bag and it is securely zipped. The BMT assumes no responsibility for loose items. Cell phones, wallets and/or valuables should not be stored in your race bag. Once everything is securely stashed, place your bag under the sign designating your wave at the start area. You will find your bag at the corresponding area at the finish area.

TIMING CHIPS

All racers will be assigned a timing chip at the packet pick up and will be asked to show ID before receiving their chip. Timing chips are non-transferable and specific to each racer's wave start and bib number. Secure the chip to your ankle, just above the boot top. If you drop out of the race, it is

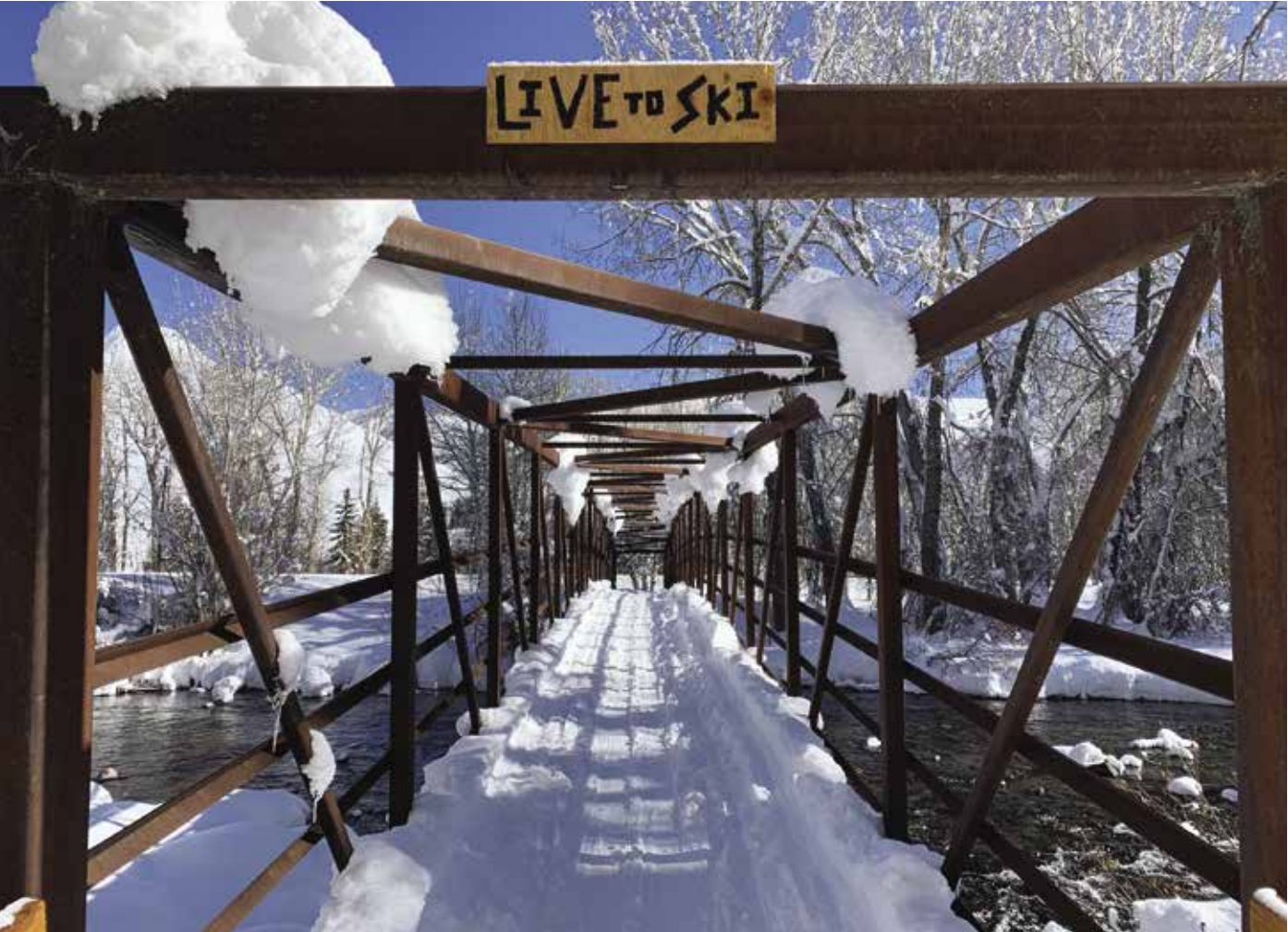
Details can be found at
www.bouldermountaintour.com

In the unlikely event of race delay or
cancellation, you will be notified by text
message of any up-to-the minute changes.

Racers will be asked to OPT in to Txtwire
message service in January.

49TH ANNUAL

ZIONS BANK
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imperative to return your chip to the finish, or mail it back in a padded envelope to BMT P.O. Box 5868 Ketchum, Idaho, 83340. There is a \$100 replacement fee for unreturned chips.

RESULTS

SportsStats is the official timer of the Boulder. Unofficial race results will be posted in the finish area as soon as they are available. Official results will be posted to the BMT website as soon as they are confirmed and also available for viewing at the Awards Ceremony. Any protests must be lodged with the race jury before you leave the finish area. FinishLynx will be in place at the finish line for result verification.

BMT AWARDS CEREMONY AND BLOCK PARTY

Saturday, February 5

5 p.m. to 7:30 p.m.

Ketchum Town Square, East Avenue and Fourth Street

Cash prizes will be given to the top three men and women overall, preem winners, and fastest man and woman in each wave. Commemorative prizes will be presented to the top three male and female in each age class in the Full Boulder, and Oldest/Youngest racers. Most Improved skiers will receive the Jon Engen Award given to the man and woman who improve their time the most from the 2020 BMT. Best Costume will also be recognized. You must be present to win raffle prizes. *

**SAVE
THE DATE**

The 50th annual Boulder Mountain Tour is February 4, 2023.
Please join us as we celebrate a half-century of BMTs!

Boulder Basics

The Zions Bank Boulder Mountain Tour starts at Senate Meadows near Galena Lodge, 23 miles north of Ketchum, elevation 7,400. The course crosses Highway 75 below the Lodge and continues down the Harriman Trail finishing across from Sawtooth National Recreation Area headquarters. The 34-kilometer course begins with some moderate but challenging climbs and descents and then levels out around the halfway point. The total elevation drop for the Full Boulder is 1,150 feet. The Half Boulder begins at Baker Creek, elevation 6,700 feet, and encompasses a gradual 450-foot vertical drop over 15k. Overall, the BMT is designed as a skate race but classic tracks are set the length of the course. Classic and adaptive skiers are welcome and timed in the general field.

WAVE		BIB COLOR	NUMBERS	START TIME
#1	Elite Men	ORANGE	1-75	10:00 a.m.
#2	Elite Women	YELLOW	101-150	10:02 a.m.
#3		BLUE	201-350	10:10 a.m.
#4		GREEN	401-550	10:14 a.m.
#5		PURPLE	601-750	10:18 a.m.
#6		RED	801-900	10:20 a.m.
#7		BLACK	1001-1100	10:22 a.m.
Half Boulder		NAVY BLUE	1151-1370	11:30 a.m.

AID STATION AND CUT-OFF TIMES

Aid Stations are hosted and manned by the good people at Sun Valley Community School, Sun Valley Suns Hockey Team, Sturtevant's, Galena Lodge and Girls on the Run. We thoroughly appreciate these organizations' efforts and the important role they play in the success of the Boulder.

AID STATION LOCATIONS, DISTANCE FROM START IN FULL/HALF BOULDER, CUT OFF TIME

#1	Prairie Creek	12k/NA	12 p.m.
#2	Cathedral Pines	23k/3k	1:30 p.m.
#3	Frostbite Flats	28k/8k	2:30 p.m.
#4	SNRA	34k/15k	4 p.m.

LOST AND FOUND

There will be a Lost and Found located at the finish area. Any items not claimed will be transported to the Awards Ceremony in Ketchum Town Square. Remaining items will be taken to The Elephant's Perch in Ketchum for one week. Items left on the course will not be collected.

SAFETY

Staff members and volunteers of Galena Backcountry Ski Patrol, Ketchum Fire Department, Wood River St. Luke's, Idaho State Police and Blaine County Search and Rescue are an integral part of the BMT as each participant's safety is our number one priority.

AWARDS

The Boulder Mountain Tour recognizes overall champions, age class champions, preem, and wave winners in the Full Boulder. Other award categories are Best Costume, Oldest/Youngest Racers, Business Class, Ski It Forward, and the Jon Engen Award which goes to the man and woman who show the greatest percentage of time improvement from 2020. Overall, age and team champions are recognized in the Charley Course Half Boulder. The BMT purse totals \$10,000. *

Transportation/Shuttles

Getting From Here to There and Back Again

Whether you are a participant or spectator, we strive to make it easy to get where you want to go. This, in a large part, is thanks to Andy Munter who has been in charge of bussing for several years. He's the cheery fellow at Hemingway Elementary helping racers get to the start lines.

Regardless of vaccination, testing status, personal views or local mandates, all racers will be required to wear a mask while on the bus. No exceptions. This is the best precaution we can take to ensure the safety of our participants. Your good health is our priority.

RACE SHUTTLES

Hemingway Steam School, 111 8th Street East, Ketchum
Shuttle buses will transport racers and spectators from Ketchum to Galena Lodge and back to Ketchum from the finish. Buses will begin transporting racers from Hemingway Elementary to Galena at 7 a.m. and run through 9:15 a.m. for the Full Boulder and 10-10:45 a.m. for the Half Boulder. Half-Boulder participants should not board buses before 10 a.m. as they will not stop at Baker Creek. Average travel time is 35 minutes, weather dependent. Buses will depart as they fill up according to social distancing. Return shuttles from the finish area to Hemingway will leave every 20 minutes from 12-3 p.m.

DROP-OFFS

Dropping off racers is allowed a quarter-mile south of Galena Lodge, however drivers must stay in their vehicles and are not allowed to park. This rule is strictly enforced due to the limited parking available at the Lodge.

WATCHING THE RACE

To watch the start, take one of the shuttle buses from Hemingway between 7-9:15 a.m. There will be three spectator buses from Galena to the finish area at 10:15 a.m. (bus to catch if you want to see the elite finishers), 10:45 a.m. and 11:15 a.m. Elite racers generally cross the finish line shortly after 11 a.m. For spectators that want to drive their own vehicle, parking is available on Barlow Road, a quarter-mile south of the finish area. Shuttles will run continuously from Barlow Road between 9:30 a.m. to 2:30 p.m.

SPECTATOR AND SUPPORT CREWS

Tracking your racer down the highway corridor is prohibited. Idaho State Police will cite anyone trailing a racer. Safety first – for all involved.

PARKING RESTRICTIONS

There is no public parking at Galena Lodge until all racers have crossed the highway at approximately 11:30 a.m. and no public parking whatsoever at the SNRA Headquarters, unless you are eligible for handicapped parking. Lot attendants will be on hand to ensure these restrictions. Parking along the Highway 75 Corridor is discouraged, extremely limited and only allowed in designated turnouts. Parking is available on Barlow Road, a quarter-mile south of the finish area. Law enforcement will be patrolling to enforce all traffic regulations and help keep the event as safe as possible. Violators will be towed at their own expense.

Calendar of Events

SATURDAY, JANUARY 29

Ski The Rails - 10 a.m. to 1 p.m.

Ski The Rails is a free cross country ski tour along the Wood River Trail and is suitable for Nordic skiers of all ages and abilities, including the four-legged variety! Start at Serenade Lane south of Ketchum, or anywhere on the trail system. Aid stations along the way will keep you energized to the end of the tour. Finish at Myrtle Street in Hailey. Lunch will be available at Sun Valley Brewery in Hailey. A free bus will be provided during the event. Questions? Call Janelle at 208.578.5453 or visit www.bcrd.org.

TUESDAY, FEB 1 - SUNDAY, FEB 6

Zions Bank VIRTUAL Boulder Mountain Tour

"Our Boulder, Your Backyard." Participants will ski a 15 or 30 kilometer course of their choice anywhere in the world! Submit your time and course to be eligible for fantastic prizes from our generous sponsors.

THURSDAY, FEBRUARY 3

NordicTown USA Sprints

Simplot Lot, 2nd Avenue & Fourth Street, Ketchum

The NordicTown USA Sprints pit teams of two in a head-to-head free-style relay format on a 400-meter oval. The event features elite racers from the field, as well as top juniors from the Sun Valley Ski Education Foundation. The ever-popular "Regs and Dregs" class for citizen racers is a highlight and costumes are encouraged. Cash prizes to the top teams and prizes for best costumes will be awarded. Come join the fun as a participant or spectator. Day of race signup only. There will be a toasty bonfire and hot drinks provided by Zions Bank and Sun Valley Community School. Details, Rick Kapala (208) 726-3899.

Schedule

3:30 p.m.	Registration and bib pick up
4:15 p.m.	Welcome/Instructions
4:30 p.m.	Youth mass start - 1 lap
4:45 p.m.	Youth mass start - 2 laps
5:00 p.m.	Regs and Dregs - 4 laps
5:15 p.m.	Elite class - 8 laps

FRIDAY, FEBRUARY 4

Race Bag/Package Pick up and BMT Expo

10 a.m. to 6 p.m.

Limelight Hotel, Main Street, Ketchum

All racers should plan on picking up their race bag and packet at the BMT Expo. Each racer receives a bib, timing chip, race-day details, SWIX souvenir hat, and goodies. The BMT Expo features event sponsors, industry insiders and local vendors. Want to get the lowdown on trails, temps, wax and equipment from the pros? This is the spot to do it.

SATURDAY, FEBRUARY 5

Boulder Mountain Tour, 10 a.m.

Harriman Trail, Sawtooth National Forest

The 49th annual Boulder Mountain Tour launches down the Harriman Trail at 10 a.m. A field of 600 racers will challenge themselves over 34-kilometers. The 15k Charley Course Half-Boulder begins at Baker Creek at 11:30 a.m. Both end across from SNRA Headquarters. Spectators can catch the elite class finish shortly after 11 a.m.

SATURDAY, FEBRUARY 5

BMT Block Party and Awards Bash

Ketchum Town Square - 5 p.m. to 7:30 p.m.

The whole town – and, of course, race participants – are encouraged to celebrate the BMT, cross country skiing, and our vibrant community at our penultimate party. Food and beverage trucks, awards, and a good time will be highlighted. Party tunes, a huge raffle with great prizes from our generous sponsors and supporters. You must be present to win.

MONDAY, FEBRUARY 7

VIRTUAL Awards & BMT Recap

Tune in to the BMT Livestream for virtual winners, raffle drawing, and a quick race recap at 6 p.m. Join the fun at www.vimeo.com/bmt2022



2021 Recap



More than 700 participants donned costumes and smiles while casting off expectations of a traditional Boulder Mountain Tour in 2021, embracing the rallying cry of "Our Boulder, Your Backyard." Nordic enthusiasts tackled courses of their making in 22 states and three countries, spreading the Boulder spirit far and wide!



NONPROFIT ORGANIZATIONS

Ski it Forward

Charitable nonprofit organizations epitomize the best of our human nature. The good work these organizations do turn hope into action; giving shape to our highest ideals and aspirations. Nonprofits can help heal, feed, protect, educate, enlighten, shelter, and inspire.

According to the National Council of Nonprofits, 1.3 million charitable organizations exist in the United States, with Blaine County home to 442 nonprofits according to a November 2021 report. These days, the work they perform is more important than ever.

In recognition of the vital roles nonprofits play in our communities and lives, the Boulder Mountain Tour donated \$5,000 to charities across the United States as voted on by our 2021 participants. The organizations receiving the most votes and monetary donations were The Advocates, Bogus Basin Nordic Team, Community Shares of Wisconsin, Habitat for Humanity, Hunger Coalition, Higher Ground, Idaho Food Bank, Meissner Nordic Ski Club, Protect Our Winters,



and Sun Valley Ski Education Foundation.

In 2022, the Boulder celebrates its third year of Ski It Forward. We are gratified to be able to support our fellow nonprofit organizations for the benefit of the residents of our valley, as well as the denizens of communities across the United States. ❄️

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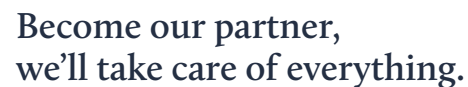
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See our menu at www.jjnourishme.com



RECIPES

Warming Winter Recipes by NourishMe



Makes a dozen muffins

INGREDIENTS

- 1/4 cup coconut ghee
- 1/2 cup pumpkin puree
- 1/2 cup date paste
- 3 organic eggs
- 1/4 cup coconut flour
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon pumpkin spice

DIRECTIONS

Preheat oven to 350F

In a large bowl, combine ghee, pumpkin puree, date paste and eggs.

Blend with an electric or hand mixer.

Add coconut flour, salt, baking soda, pumpkin pie spice and mix thoroughly.

Fill muffin cups 2/3 full and bake in the oven for approximately 30 minutes.

NOTES

These muffins are delicious with a variety of ingredients added, including various nuts (pecans are great!), cranberries and chocolate chips.

CURRY PUMPKIN SQUASH SOUP

Serves four

INGREDIENTS

- 1 tablespoon ghee
- 15 ounces pumpkin puree
- 2 cups chicken bone broth
- 1 cup sour cream
- 1 onion diced
- 2 carrots diced
- 1 clove garlic
- 1/2 teaspoon curry powder
- 2 teaspoons Curry in a Hurry
- 1/2 teaspoon Himalayan pink salt
- Dill or any fresh herb of choice
- Sweet corn (optional)

DIRECTIONS

If not using canned pumpkin, roast a pumpkin pie pumpkin or kabocha squash. Puree in a blender or food processor.

Dice onions and carrot and saute in ghee until brown.

In a soup pot, add onion and carrot mixture, bone broth, pumpkin puree and spices. Simmer on low until hot.

Add soup to a blender or use a hand mixer and add sour cream, garlic, curry powder, Curry in a Hurry, and salt. Blend until smooth.

Pour into bowls and sprinkle with fresh herbs.

Serve and enjoy!



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www.TokoVideos.com

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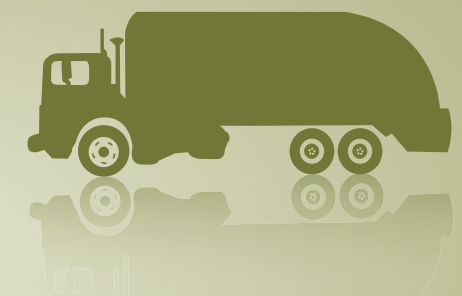
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The Importance of Prize Money

By Peter Holmes

The Boulder Mountain Tour is an incredibly fun and challenging race. The high speeds throughout the course, especially in the last few kilometers, make it a very tactical race. These tactics become important because there is a lot of money on the line to win or lose. The purse at the Boulder is the second largest in the USA; it follows only that of the American Birkenbeiner. Having a large amount of prize money is crucial for the athletes seeking to win it, and it attracts a deeper and more competitive field.

Winning the Boulder is a very high achievement. All the skiers who win the Boulder, myself included, train year-round, consistently making significant sacrifices for skiing. We train anywhere between 700-1000 hours a year and travel a couple of weeks every month in the winter. This makes it very hard to find a job with flexible hours and decent pay. In the winter, skiers rely on prize money to help offset the expense of training and racing.

EXPENSE

Training and racing can be very expensive. The funding we receive from our clubs and some outside sources is generally not enough to sustain the entire season. Financial complications are often one of the reasons athletes quit skiing and don't continue racing at a professional level, so winning or being on the podium in a race like the Boulder can help offset costs dramatically. Winning the Boulder was one of my greatest achievements in skiing, and the prize money that came along with the victory helped me tremendously. I was able to pay some bills I had racked up from the season and just live life with a little less stress. Training and racing are their own stressors for the body and mind, so limiting external pressure can help us prevent further physical and mental fatigue.



2019 BMT champs Peter Holmes and Erika Flowers

PRIZE PURSE

A large prize purse is also vital for attracting more top-level skiers. Having more elite racers raises the level of competition and makes winning more challenging and exhilarating. The money from this event helps winning skiers continue to pursue their dreams, and the confidence boost after claiming a race with so many high-level skiers helps in all of the races throughout the rest of the season. Additionally, hosting a race with many of the best skiers in the country brings a lot of recognition and honor to the Boulder and the Sun Valley community.

LOOKING FORWARD

I'm really looking forward to the Boulder this year, especially after only being able to participate in the virtual version last year. The Boulder is one of my favorite races on

the calendar because it's so different from many of the races we ski throughout the season. The potential of winning up to \$2,700 (including preems) is also good motivation to give every ounce of effort available on the race course. *

*My name is **Peter Holmes**. I was born and raised in Tahoe City, California. I started skiing as soon as I could walk, got into cross country ski racing in middle school, and continued racing through high school. After high school, I moved out east to ski for the University of New Hampshire and studied athletic administration and coaching. When I graduated from UNH, I moved out to Sun Valley, Idaho, and joined the SVSEF Gold Team. In 2019 I won the Boulder Mountain Tour, and in 2020 I broke a pole and finished 10th. I am still skiing for the Gold Team with World Cup and Olympic ambitions.*

THIS IS HOW WE GROOM EVERY DAY



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Good Luck BMT Racers

Cheers to Fast Wax and a Tailwind on Frosty Flats!

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On the Seventh Day: Lycra!

By Matt Gelso

This is a tale as old as time, one from which the modern world has greatly benefitted. Empires have risen on its back, millions of dollars have been spent on it, and civilizations shaped by this most amazing of fibers. When one thinks of athletics, this fabric should be on the tip of the tongue. Through time, this amazing creation has been woven into the lives of millions of grateful souls across the world. The confidence inspired by this adored fiber cannot be ignored. Some of you wonder what this fiber could possibly be, some have already lost interest and stopped reading, and still others have no idea what this drivel even means. But the ones who know, perched on the edge of their seats, excited and eager, are the true believers. It goes by many names, but of course, I speak of LYCRA.

Wikipedia says that Lycra is the trade name for a fabric created by the DuPont corporation in 1952 (if this is true, then we probably all have Lycra in our bloodstreams), but that is straight from the media industrial complex, obvious misdirection, and FAKE NEWS. It doesn't take a tinfoil hat to dig up some primary source data to uncover the true history.

FATEFUL SEVENTH DAY

Everyone believes they know the story: God worked for six days, created the universe, man, and the world as we know it. But he saved arguably the most important piece, the one that would stretch like an elastic waistband through history, for that fateful seventh day. The real story is that God mustered all his passion (foreseeing the fashion of the late 1980s/early 1990s) on this final day and created a FABRIC in his own image, to clothe the man created in his image. Lycra was born on a Sunday.

In his explosive forthcoming book *STRETCHED Across Time: A World Through The Eyes of Lycra*, Harvard trained theologian Dr. Jonathon Spandex explains the full scope of Lycra's impact on religious and world history. "The Israelites had this fiber bestowed upon them, and with its unprecedented breathability and aerodynamic properties, they were able to out-run the Pharaoh's Armies, escaping into the Red Sea, while their pursuers sweated and struggled with their loose clothing ballooning in the wind. There is even evidence that instead of a staff, Moses actually held out a bolt of freshly minted tiger striped Lycra over the water and the seas parted."

DR. SPANDEX

Dr. Spandex further elaborates that this amazing creation is seen around the world in other religions and history, with several high-ranking monks admitting anonymously that it is common to wear pink and blue tie dye three-quarter length tights under their robes. Spandex



A local junior racer lycra enthusiast

writes that King Arthur's Knights even used spandex under their steel armor to combat the oppressive heat and sweat, and to keep skin pulled tight away from metal joints (apparently the armor could pinch pretty bad). Legend even has it that King Arthur and the Knights used to sit at the Round Table drinking beers and talking strategy in polka dot Lycra, as the fabric "made them feel like gods." The foundations of the modern world may well be shaken upon publication of Dr. Spandex's thrilling new work, stretching to its breaking point what we thought we knew of history.

With the above in mind, it's no wonder so many modern-day superheroes have embraced this legendary fabric: Superman, Batman, Wonder Woman, Spiderman, Matt Gelso, the Ninja Turtles, and Jesse Dig-gins, just to name a few. And then there are the stories of the every day superheroes in our midst, continuing the legacy of the Lycra tradition.

A Ketchum-area shop owner, and somewhat recent Lycra convert, spoke with me about his first time in Lycra, during a 2015 'SkiMo' race in Utah.

"The way my body could move, I had never felt anything like it, I felt untouchable, like a superhero," he enthused. "I could see my leg hairs poking through the fabric but it [the fabric not the hair] kept me warm, it even dried in the wind.

"The only problem was that I was used to judging and controlling my downhill speed based on the force of my open jacket flapping in the wind. On the first corner I was a bug and the snow was a windshield at 80 mph. Because I was so aerodynamic, I was going faster than I had ever gone before. With only the soft rustle of wind passing over the ultra-smooth fabric on my body, I had no way to know how fast I was actually going."

He told me it was a 'miracle' that he was uninjured. "Someone up there was looking out for me, and I had never felt that before."

THE DARK SIDE

However, there is a dark side (the Devil, I suppose) to God's creation; Addiction. I spoke with a local recovering Lycra enthusiast (a physi-



The author in some of his first lycra, custom-made for him by his mom

cian who would like to remain anonymous) who had to go cold turkey on his Lycra use a few years ago. He explained his love affair started in sixth grade.

"My friend had these black Pearl Izumi tights that he wore under his bike shorts, he looked so cool, I begged my mom for a pair and she finally relented."

As the years ticked by, the tights saw more and more use. They began to tear and stretch as he grew, were modified to three-quarters length, then to shorts, then to shorty-short-shorts.

"I couldn't go anywhere without them on, I had them on under my tuxedo on my wedding day, when my son was born they were on, I would even sneak out of bed to put them on late at night just so I could sleep in them, then wake up early

to take them off - my wife never even knew."

One year ago, at age 39, he had to retire the Lycra short shorts. "My wife caught me wearing them underneath the new boxer briefs she just gave me for my birthday. . . She was so disappointed in me, she said it was her or the Lycra. I knew that the time had come."

He says he still has the shorts, tattered and stretched, hanging up in his closet to remind him of all the amazing experiences that Lycra can provide but added, "I've moved on from that chapter of my life. Hopefully someday I can get a new pair of tights and enjoy them in moderation like everyone else."

He doesn't want to scare budding Lycra Lovers™ away, but cautions them about the risks inherent in such a divine and addictive fiber.

GOD'S FABRIC

The use of God's fabric is not to be taken lightly. This is a great gift that we have all received and it shall be exalted. Those who do not know the true history have now (hopefully) been baptized as true believers. Spread the gospel of this holiest of fibers and allow its light to bless you each and every time you wear it!

If you, or someone you know, is struggling with Lycra addiction, there is help. Contact LALA (Lycra Lovers Anonymous) at 800-LYC-RALV (592-7258) 26 hours a day, 9 days a week. *

Matt Gelso is a recently (come on, it's been 3 years) retired professional ski racer with the SVSEF Gold Team. As a former member of the University of Colorado NCAA Ski Team and the US Ski Team, he has raced throughout the US and Europe in World Cup and World Championship competitions. He is now a licensed realtor specializing in residential and commercial real estate in the Wood River Valley with Paul Kenny & Matt Bogue Real Estate. He is the 2018 Boulder Mountain Tour Champion and (full confession) continues to wear Lycra whenever the opportunity presents itself, and maybe even sometimes when it doesn't.



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Jeanie Kearney

While the physical gifts of the greater Wood River Valley are evident to all who live and visit here, what is not immediately apparent is a deep culture of community among its residents.

The feeling of fellowship, characterized by a high degree of regard for the well-being of others, was exemplified by Jeanie Kearney, a longtime volunteer for the Boulder Mountain Tour. Jeanie and her husband, Johnny, were fixtures at the BMT starting line for decades.

Rick Kapala, longtime director of the race start, said, "Jeanie always was ready to help in whatever job was needed. She and John exemplified the spirit of volunteerism. Always sporting a smile on race day and enthusiastic about the whole experience."

Curious, energetic, and engaged, Jeanie



peacefully passed away on September 23, 2021, after a brave battle with ovarian cancer.

Moving to Ketchum in 1977 with Johnny and their two young children, John and Gretel, the pair built the log cabin of their dreams on Lower Board Ranch. They constructed a life filled with laughter and love for each other and their family, friends, and neighbors.

Jeanie was a remarkably generous and kind person and a friend to all, frequently dropping off gifts and empathizing with people she had only just met. Her grandchildren, nicknamed "grands," filled her world, and she couldn't get enough of their effervescent energy. But, Jeanie was equally interested in your kids and grandkids and always wanted to know all about them.

Jeanie's happiest moments were spent running, biking, trail hiking, spending beach days at Redfish Lake, and skiing the Galena and Sun Valley trails. She was truly an exceptional human; she lived fully, loved generously, and inspired greatly. Her memory will remain with us in the valley, inspiring hope and acts of generosity.

"The BMT and so many other community activities are successful almost entirely because of people like Jeanie, who believe in our community and back it up with their tireless commitment to giving back," Kapala remarked.

Jeanie's final wish was for people to perform acts of kindness and to pay it forward. Donations in her memory are being accepted by the Blaine County Recreation District earmarked for their trail fund. ❁



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Closing Remarks: All Together Now

It is a fundamental truth that the one sure thing in life is change. As much as we want to hold on to the people and places that inform and give meaning to our lives, transitions and changes are as expected as the seasons. Events such as the Zions Bank Boulder Mountain Tour lend a constancy while also serving as an example of the variability of life. No two BMTs are ever the same. Weather, temperatures, course conditions, and how a skier prepares differ from year to year.

What remains the same as our inaugural year in 1973 is the Boulder's desire to create a unifying experience, a feeling of camaraderie, encouragement, and fellowship among its participants, and one that extends to our volunteers, sponsors, and supporters. We want the Boulder to represent the best of our Wood River Valley community as well as the magnificence of our mountains and setting.

Your experience in the Boulder and being a part of it is paramount. It is only together we navigate the unknown, and it is only together we create the traditions that bind the past to the present. We thank you for being part of our living history.

Kind regards,
Jody Zarkos
BMT Race Director

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